

# LESSON PLAN: **TENNIS**: YEAR 2: WEEK 6

**LESSON OBJECTIVE:** Demonstrate all the skills learnt.

## **WARM UP (10 MINS)**

The students move around an area marked out by the teacher. When the teacher calls the different ways to move, students must copy – Running, sprinting, skipping, high knees, heel flicks and side stepping. When the teacher states the following, students must stop and perform the Tennis stroke – Forehand, Volley and Serve, without a Tennis Racket.

## **MAIN LESSON & COMPETITION (50 MINS)**

Students take part in the following:

- How many times can the students keep the ball up, bouncing the ball on their racket for one minute?
- How many times can they hit the ball against the wall continuously in one minute?
- How many times can they serve and catch with a partner in one minute?
- How many times can students keep a rally with their partner? Hitting the ball between each other without stopping the ball.

## **EQUIPMENT**

- Soft tennis balls
- Soft tennis rackets
- Cones

## **KEYWORDS**

- Low to high
- Volley
- Forehand
- Serve

## **DIFFERENTIATION**

### **LESS ABLE**

- Work with someone of a similar ability.
- More time.

### **GIFTED & TALENTED**

- Vary the distances.
- Less time.
- Compete against someone of a similar ability.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	The student can perform the skills to a high ability.
	3	The student can perform the skills to a certain degree of control.
	2	The student can perform the skills but to a low ability.
Tactics, Rules & Teamwork	4	Work in a team and demonstrates the understanding of the rules in Tennis.
	3	Work in a team and understands the rules in Tennis.
	2	Try and work in a team when taking part in Tennis drills.
Show & Link	4	Successfully combine and link skills to a high ability.
	3	Start to link and combine a variety of skills together.
	2	Perform the skills with some thought on how to link them.
Describe Ways to Improve	4	Compare, evaluate and improve performance.
	3	Compare and evaluate performance.
	2	Compare performances to others.
Fitness & Health	4	Understand why physical activity benefits their health and how they can improve their fitness.
	3	Show a solid understanding of why physical activity benefits their health.
	2	Have a basic knowledge of why physical activity benefits their health.